

5 A Day Recipes

Soups and Salads

Vegetable Pasta Salad

Serves 4

Provides 2 vegetable servings per person

You can make a remarkable pasta salad with the spring and summer vegetables available at the farmer's market. Start with a cup of cooked orzo, that small Greek pasta. Add 3 cups of vegetables such as asparagus, peas, red bell peppers, green and yellow zucchini, and don't forget tender leafy vegetables like spinach. You'll also want a few onions or radishes to give it some bite. Be sure to use lots of different colors in your salad, since an assortment of colors lets you know that your salad contains disease-fighting nutrients. Chop the vegetables the same size as the pasta and dress with low-fat vinaigrette. This spectacular looking dish provides 2 vegetable servings per person!

- 1 cup cooked orzo pasta
- 1 cup lightly steamed asparagus, cut the same size as the pasta, or peas
- ½ cup chopped red bell pepper or carrots
- ½ cup sliced green onions
- ½ cup chopped yellow summer squash
- 1 cup chopped fresh spinach
- 1 cup small cherry tomatoes (optional)
- ¼ cup low-fat vinaigrette dressing
- 2 tablespoons grated Parmesan cheese
- ¼ teaspoon salt

Combine the pasta, asparagus, peppers, onions, squash, spinach, tomatoes, dressing, and Parmesan in a large bowl.

Toss to coat with the dressing. Serve with grilled chicken or fish at a barbecue or picnic.

Nutritional Analysis per serving:

114 calories
2 g fat
19% calories from fat
1 g saturated fat
8% calories from saturated fat
20 g carbohydrates
344 mg sodium
3 g dietary fiber